



BEECHEN CLIFF

### SMART Personal Safety - Information for Pupils & Parents

Make sure that emergency information is saved in your phone, this is done through the phone settings. This includes setting an emergency contact that needs to be someone you feel comfortable calling when you feel you are in danger. There are apps available such as BSafe and Guardians.

It is incredibly important to trust your instincts, this includes when you are traveling to and from school. If you don't feel safe, find an alternative route, avoid traveling on your own or in areas you don't feel safe. As winter approaches it will be getting dark on your way home, so take precautions to make sure you always feel as safe as possible.

It is important to know how to always keep yourself safe and know where to go if you need help or advice when you are not in school. Teenagers are more likely to be involved in a road traffic accident than children under the age of 11. We want our students to be as safe as possible when traveling to and from school. All students need to be reminded about basic road safety.



### SMART WALKING CHOICES

- When crossing, focus on the road – not your friends or your mobile
- Cross in places where drivers can see you easily
- Go back to basics – stop, look, listen
- Don't play about near roads or put your friends at risk
- Wear something bright and reflective
- Choose safe routes

<https://www.think.gov.uk/>



### SMART CYCLING CHOICES

- Always wear a helmet
- Be bright be seen
- Check your bike's in good shape
- Stay focused – never use your mobile
- Plan your route
- Know your road rules
- Be skilled - get trained!

<https://www.nidirect.gov.uk/articles/cycle-safety-children>

